



Pumpkin Muffins

Prepare these golden muffins up to two days ahead, and enjoy a light breakfast on Thanksgiving morning.

Ingredients

2 1/4 cups all-purpose flour (about 10 ounces)
2 teaspoons pumpkin pie spice
1 1/2 teaspoons baking soda
1 teaspoon ground ginger
1/4 teaspoon salt
1 cup golden raisins
1 cup packed brown sugar
1 cup canned pumpkin
1/3 cup buttermilk
1/3 cup canola oil
1/4 cup molasses
1 teaspoon vanilla extract
2 large eggs
Cooking spray
2 tablespoons granulated sugar
Preparation
Preheat oven to 400°.

Preparation:

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, pumpkin pie spice, baking soda, ginger, and salt in a medium bowl, stirring well with a whisk. Stir in raisins; make a well in center of mixture. Combine brown sugar, canned pumpkin, buttermilk, canola oil, molasses, vanilla extract, and eggs, stirring well with a whisk. Add sugar mixture to flour mixture; stir just until moist.

Spoon batter into 18 muffin cups coated with cooking spray. Sprinkle with granulated sugar. Bake at 400° for 15 minutes or until a wooden pick inserted in center comes out clean. Remove muffins from pans immediately; cool on a wire rack.

Yield

18 servings (serving size: 1 muffin)

Nutritional Information

CALORIES 202(23% from fat); FAT 5.1g (sat 0.8g,mono 2g,poly 1.9g);
PROTEIN 2.9g; CHOLESTEROL 24mg; CALCIUM 35mg; SODIUM 159mg;
FIBER 1.2g; IRON 1.7mg; CARBOHYDRATE 37.5g

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